

GILES FLETCHER'S ^for THE RUSSE COMMONW*
M.TTI '

The Russe because he is used to exticnuties both
of heat and
cold beareth both very patiently They can be seen
t ommg out
of their bath stoves, all on a froth, and fuming as
hot almost as a
pig at a spit, and straightway to leap into the liver
stark naked,
and that in the coldest of winter time The
women to mend
the bad hue of their skins, use to paint their faces
with white and
red colours so visibly that any man can perceive
it But this is
no matter, because it is common and liked well by
then husbands,
who make them an ordinary allowance to buy
colouis to paint
their faces, delighting themselves much to see
their loul women
become fair images This practice paichcth the
skin, and
helpeth to deform them when their painting is
off

Of the vulgar sort he noteth that they aie much
opprebsed by
the nobility so that though otherwise haidcnd to
bcai any toil,
they give themselves to idleness and drinking, as
passing no more
than from hand to mouth

QUERCETANUS* ⁶ SPAGERIC PREPARATION OL« MLNIRALS,
ANIMALS,
AND VEGETABLES ³

*The true and perfect spagenc pt epartition of muter
ah, anim<tl*
and vegetables, originally wntten by Dr Joscephus
Queicetanus

of Armenia, now set forth with divers rare secrets
not heretofore
known of many, by John Hester, a practitioner in
the spagencal
art, and dedicated to Sir Robert Carey

Amongst those remedies especially
recommended for the
plague is a preparation of mummy (m former times
prepaied of
bodies embalmed with pitch, trankincensc, mynh
01 aloes, but
now made only of dried flesh), either in liquid,
balm or tincture ,
also *balsamum unnae*, which Mr Hester regaideth
almost as
catbohcum in its uses

This tincture to be made thus ' Take the urine
 oi young
 children about the age of twelve years, that hath
 drunk wine for
 certain months if it be possible , the same putrefy
in balnea or
 dung a philosopher's year , then distil it with a
 gentle fire m
 sand, being also luted, the which ye shall note
 diligently The
 flame ye shall put upon the feces four times,
 then the last
 water keep close shut, the which is white and
 stinking, aad there-
 fore ye may give it both taste and smell with
 cinnamon and sugar
 The feces that remained in the bottom being
 black ye shall